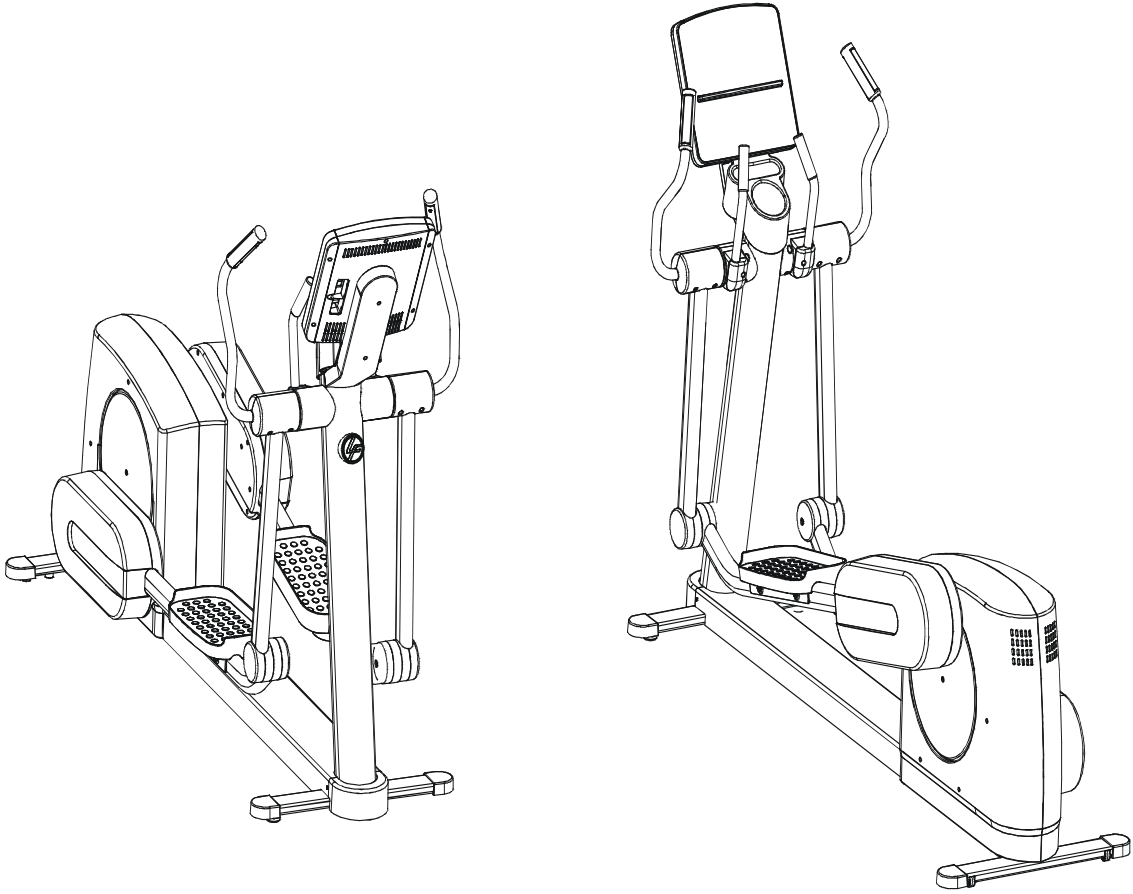


# LifeFitness

ARCTIC SILVER CROSS TRAINER 95XEZ-0XXX-01



Customer Support Services  
**PARTS MANUAL** rev 31 Jul 2008, A.D.

**ARCTIC SILVER 95XEZ**  
**REFERENCES**

**95XEZ-0XXX-01**  
**S/N WZX100000 and up**

OPERATION MANUAL	M051-00K62-A072
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	0017-00008-0204 0017-00008-0205 0017-00008-0206
SERVICE MANUAL	M051-00K62-A060
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v AUS	GK62-00002-0020
PLUG IN OPTION 230/50 CONT	GK62-00002-0021
POWER CABLE W/BRACKET ASSY. ASSEMBLY CONSISTS OF: 1) COAX CABLE 2) POWER EZTENSION CABLE 3) ACCESS PANEL BRACKET 4) F TYPE CONNECTOR 5) PLASTIC GROMMET (QTY. 2)	AK62-00210-0000  AK32-00020-0002 AK32-00078-0001 OK62-01179-0001 0017-00021-2846 0017-00042-0754
CRANKSHAFT W/BEARINGS KIT	GK62-00002-0028
HARDWARE BAG	AK62-00152-0001

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Note: The 95Xi comes with both Telemetry and LifePulse sensors.

**ARCTIC SILVER 95XEZ**  
**Console Support & Deadshaft Covers**

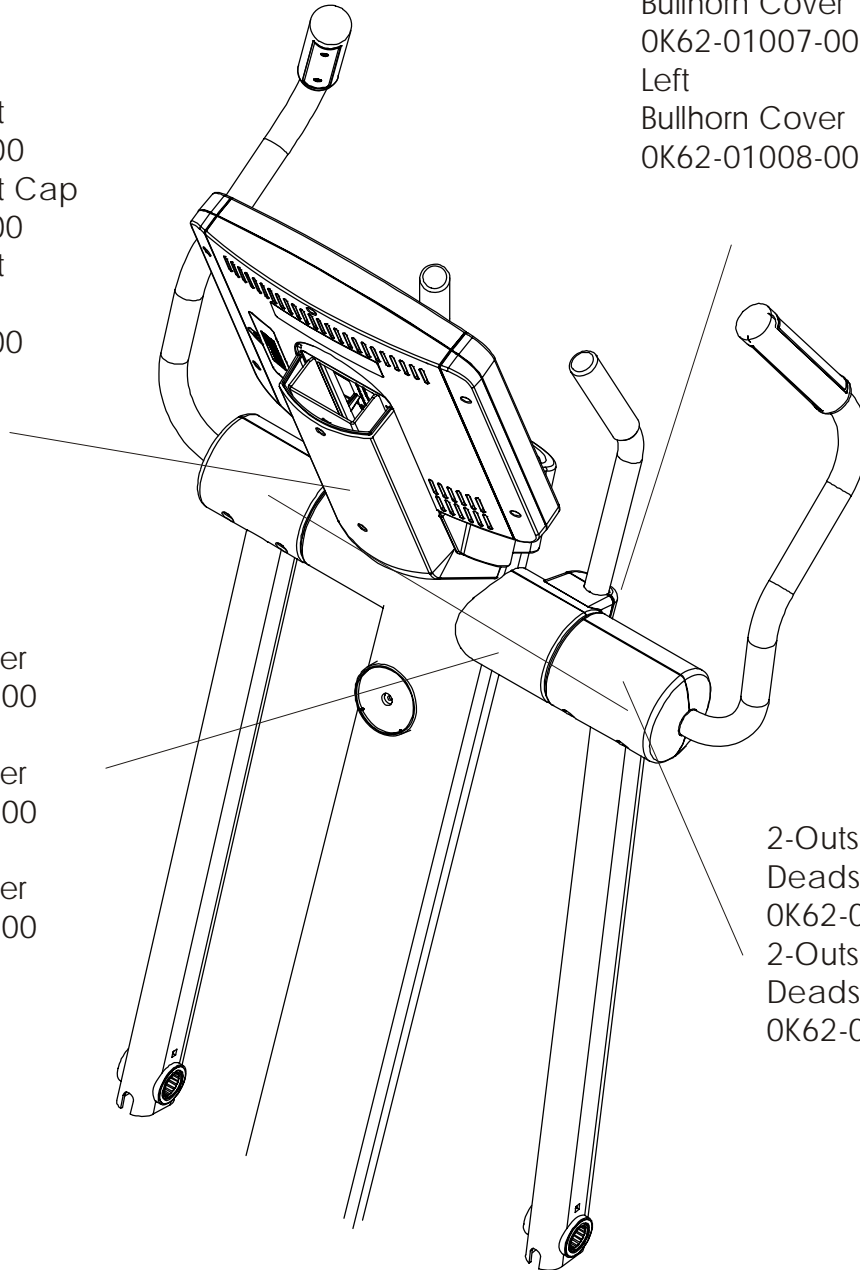
**95XEZ-0XXX-01**  
**S/N WZX100000 and up**

Console Support  
AK62-00123-0000  
Console Support Cap  
OK62-01030-0000  
Console Support  
Shroud  
OK62-01023-0000

Right  
Bullhorn Cover  
OK62-01007-0001  
Left  
Bullhorn Cover  
OK62-01008-0001

Right Inside  
Deadshaft Cover  
OK62-01010-0000  
Left Inside  
Deadshaft Cover  
OK62-01011-0000  
2-Front Inside  
Deadshaft Cover  
OK62-01009-0000

2-Outside Front  
Deadshaft Cover  
OK62-01013-0000  
2-Outside Rear  
Deadshaft Cover  
OK62-01012-0000



**ARCTIC SILVER 95XEZ**  
**Handlebars and Bullhorns**

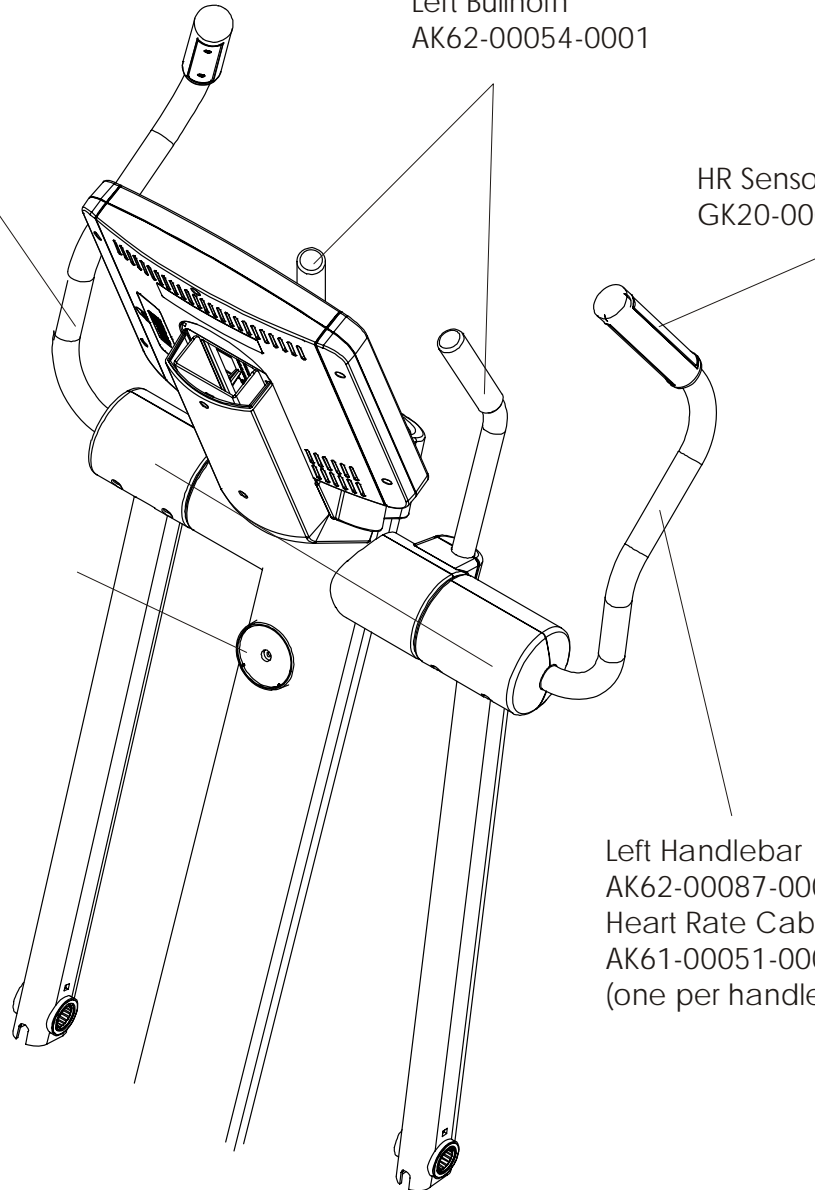
**95XEZ-0XXX-01**  
**S/N WZX100000 and up**

Right Handlebar  
AK62-00086-0000

\*Right Bullhorn  
AK62-00053-0001  
Left Bullhorn  
AK62-00054-0001

HR Sensor Kit  
GK20-00002-0005

Medallion Bug  
AK58-00245-0000  
Bug Adaptor  
OK62-01034-0000



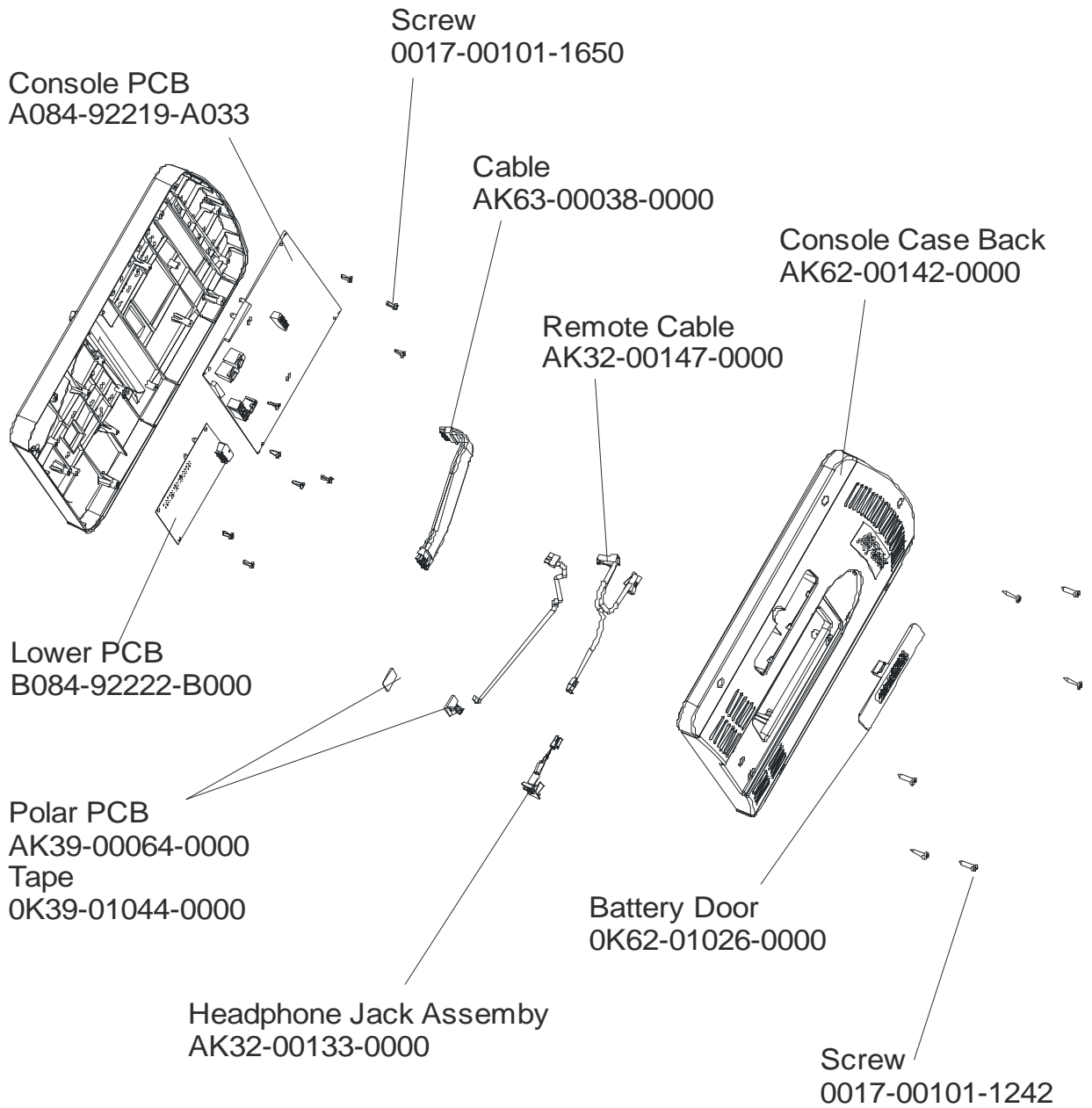
Left Handlebar  
AK62-00087-0000  
Heart Rate Cable  
AK61-00051-0001  
(one per handlebar)

\*Right Bullhorn Assembly consists of: AK62-00057-0001 Bullhorn,  
OK62-01136-0000 Grip and OK62-01199-0000 Gasket

Left Bullhorn Assembly consists of: AK62-00058-0001 Bullhorn,  
OK62-01136-0000 Grip and OK62-01199-0000 Gasket

**ARCTIC SILVER 95XEZ**  
**Console and Related Components**

**95XEZ-0XXX-01**  
**S/N WZX100000 and up**



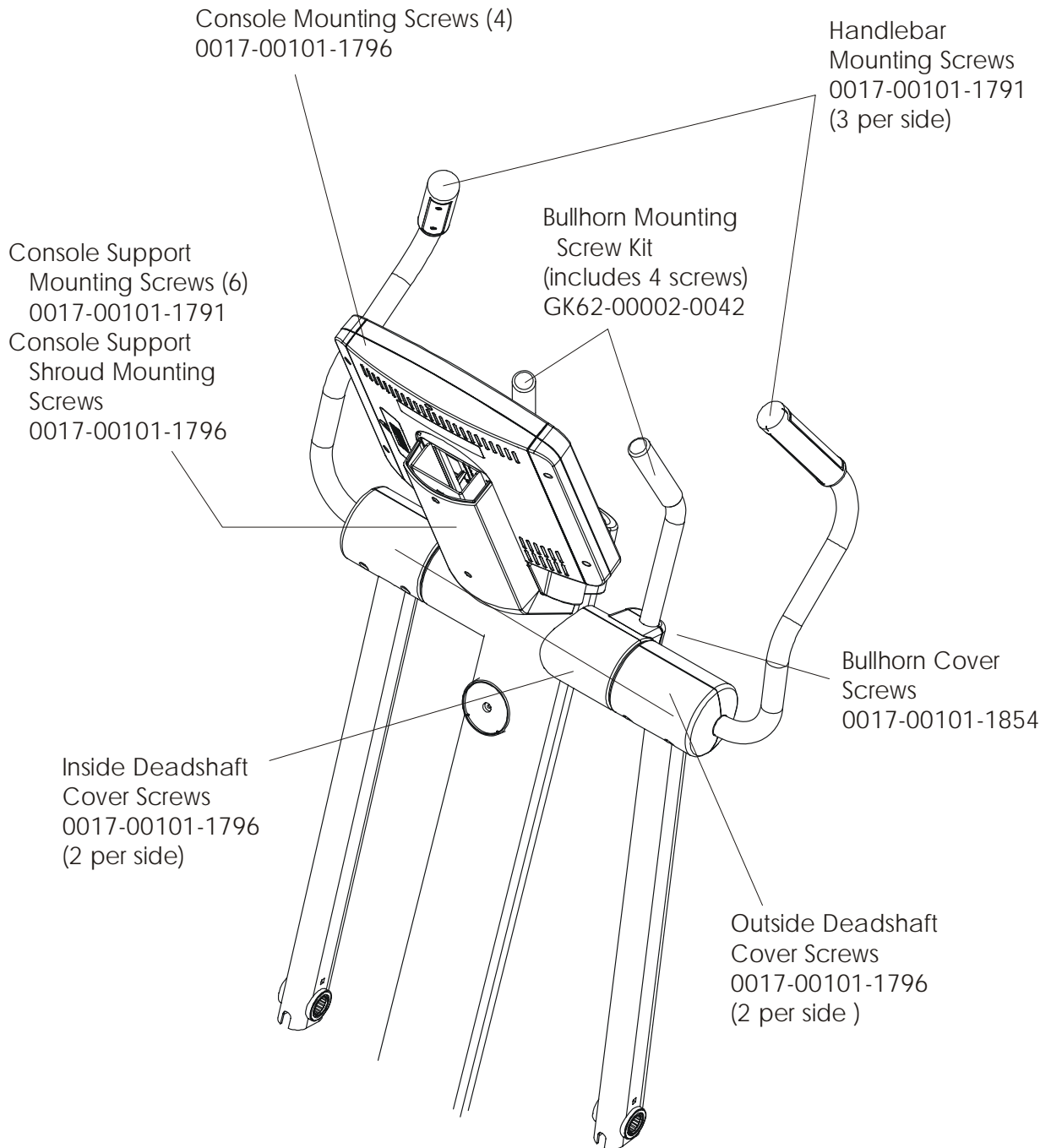
AK62-00315-0001	CONS-ASSY: 95XEZ; ENG
AK62-00315-0003	CONS-ASSY: 95XEZ; GER
AK62-00315-0004	CONS-ASSY: 95XEZ; SPN
AK62-00315-0006	CONS-ASSY: 95XEZ; JAP
AK62-00315-0007	CONS-ASSY: 95XEZ; FRN
AK62-00315-0008	CONS-ASSY: 95XEZ; ITL
AK62-00315-0009	CONS-ASSY: 95XEZ; DUT
AK62-00315-0010	CONS-ASSY: 95XEZ; POR
AK62-00315-0014	CONS-ASSY: 95XEZ; TUR

# ARCTIC SILVER 95XEZ

## Upper Frame Hardware

95XEZ-0XXX-01

S/N WZX100000 and up



Items Not Shown:

Accessory Tray, OK62-01022-0000

Mounting Screws (2), 0017-00101-1846

**ARCTIC SILVER 95XEZ**  
**Rocker Arms and Pedal Levers**

**95XEZ-0XXX-01**  
**S/N WZX100000 and up**

Rocker Arms Kit  
GK62-00002-0070  
contents:

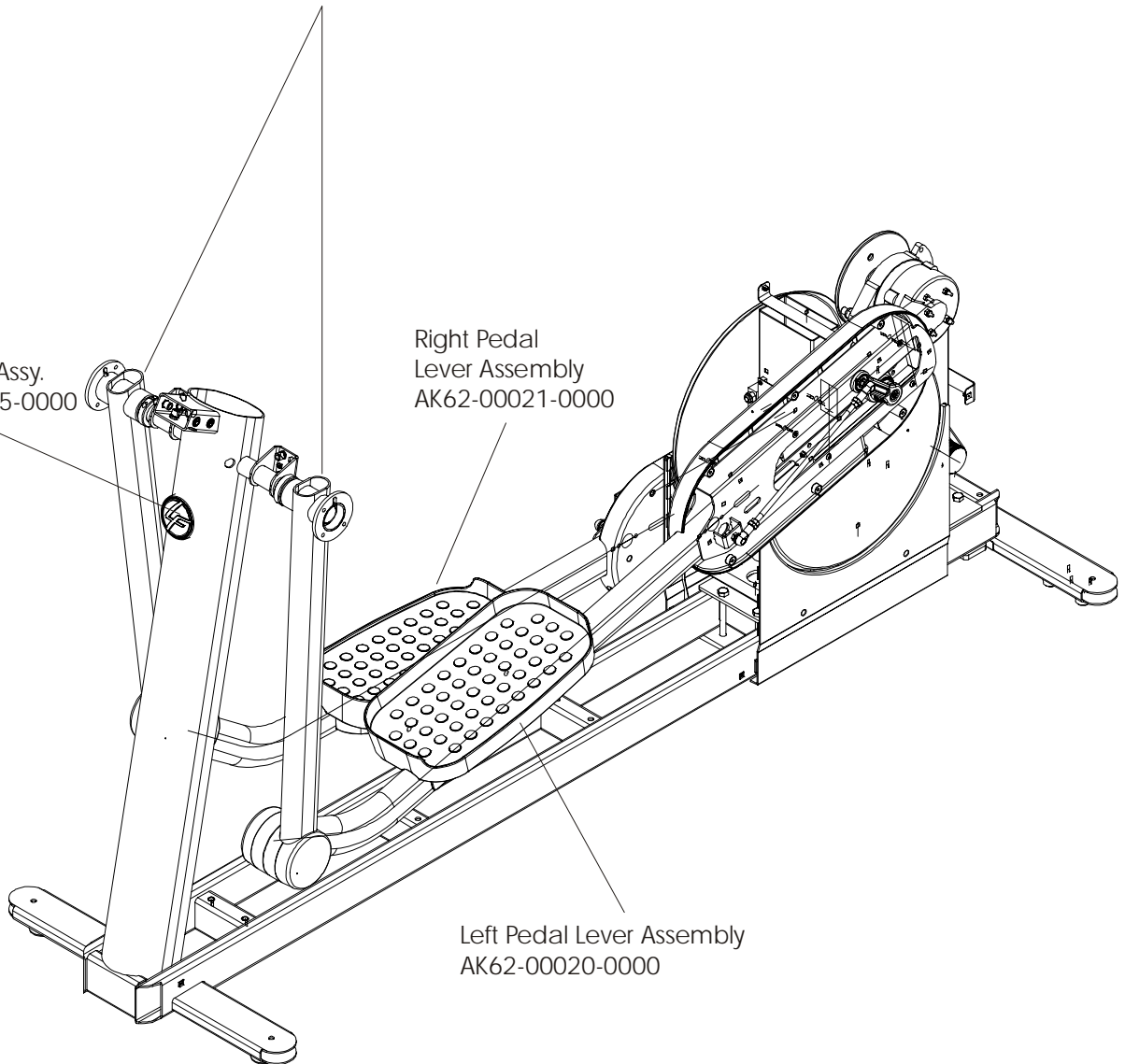
Rocker Arms (2)  
Hardened Spacers (2)  
Oilite Washers (2)  
Retaining Rings (2)  
*Loctite 620*  
Alcohol pad

Rocker Arms  
AK62-00002-0070  
Shaft Collar w/Screws  
OK61-01259-0000

LF Bug  
Medallion Assy.  
AK58-00245-0000

Right Pedal  
Lever Assembly  
AK62-00021-0000

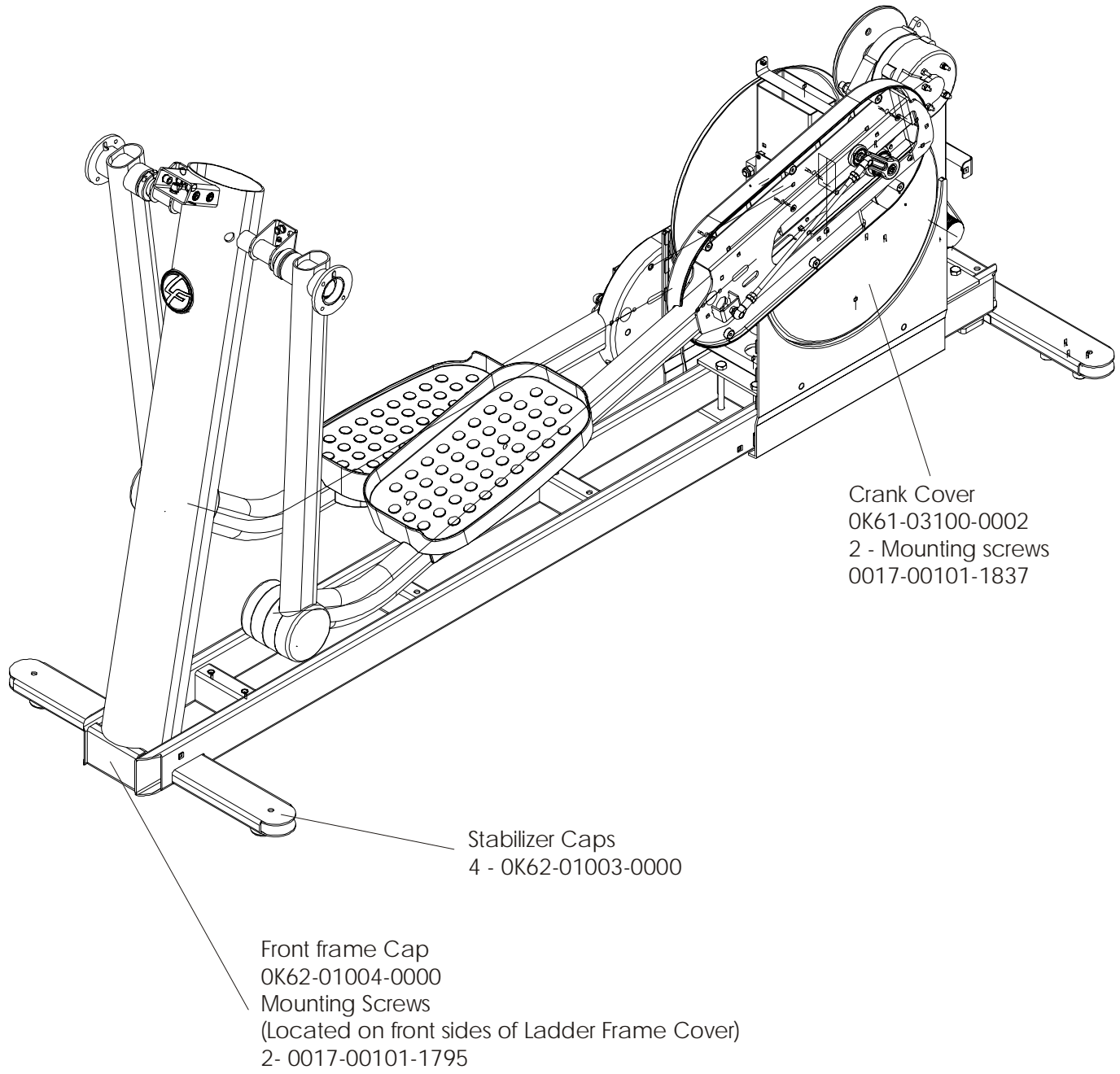
Left Pedal Lever Assembly  
AK62-00020-0000





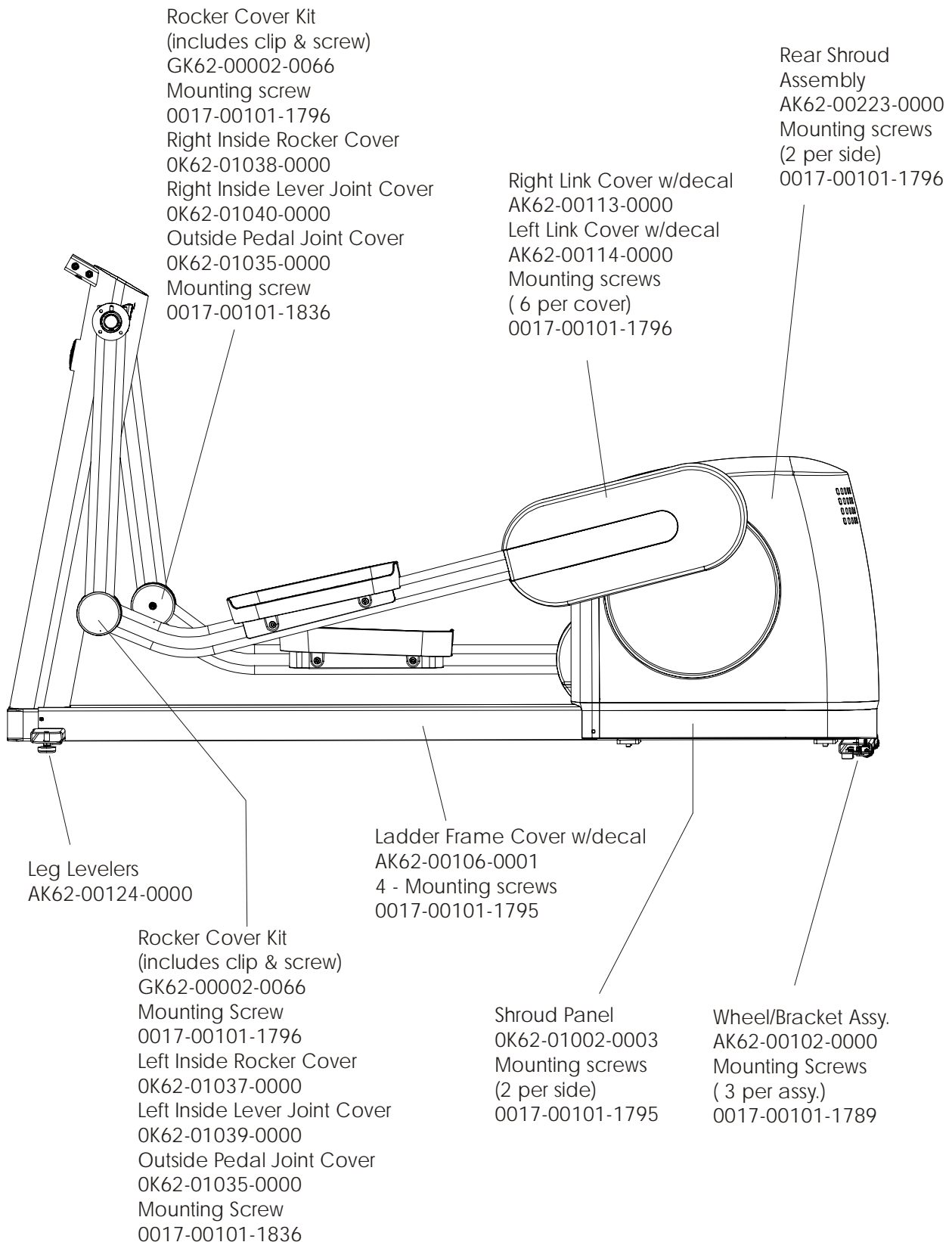
**ARCTIC SILVER 95XEZ**  
**Crank Cover and Lower Caps**

**95XEZ-0XXX-01**  
**S/N WZX10000 and up**



**ARCTIC SILVER 95XEZ**  
**Lower Frame Shrouds and Hardware**

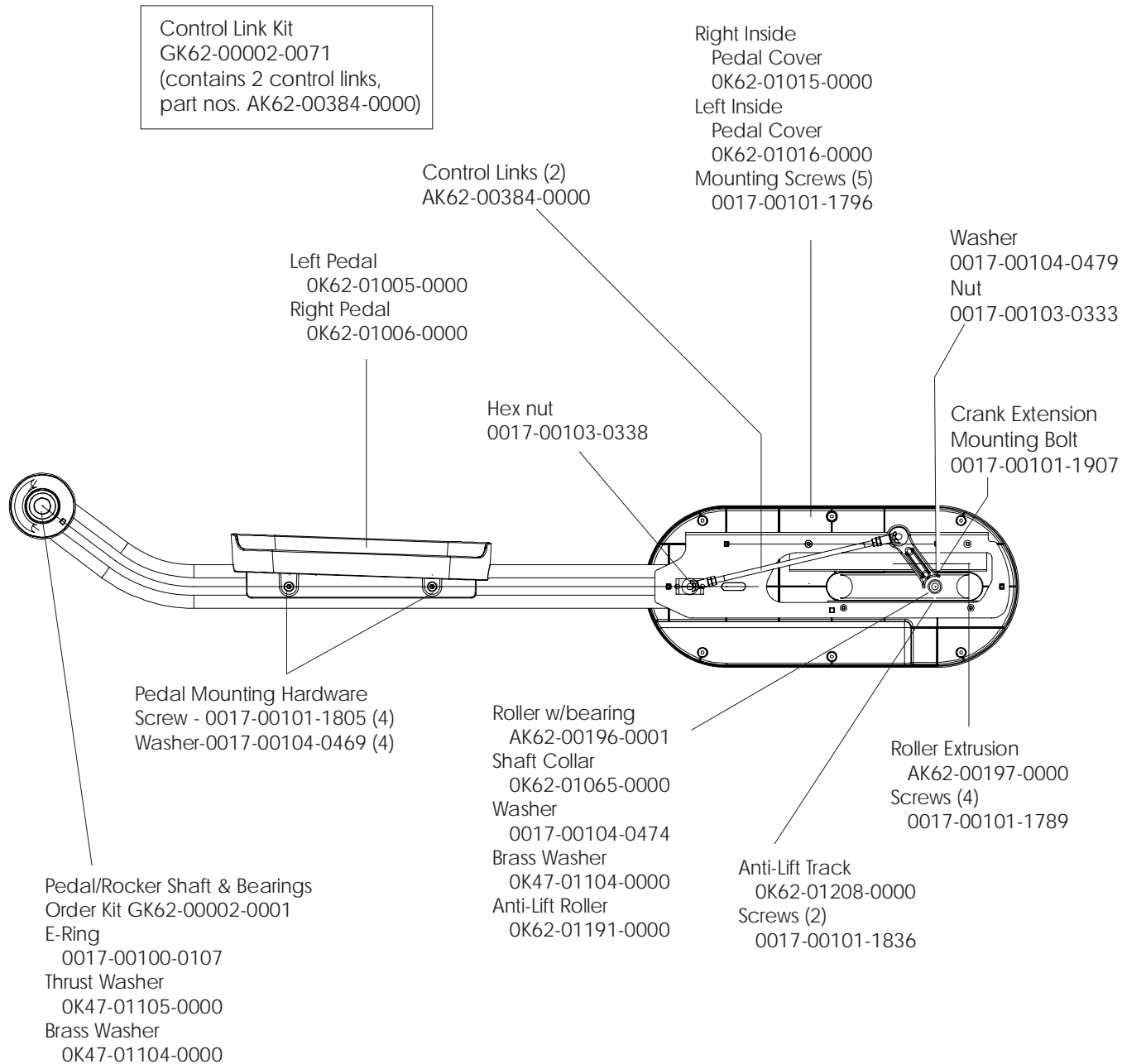
**95XEZ-0XXX-01**  
**S/N WZX100000 and up**



# ARCTIC SILVER 95XEZ

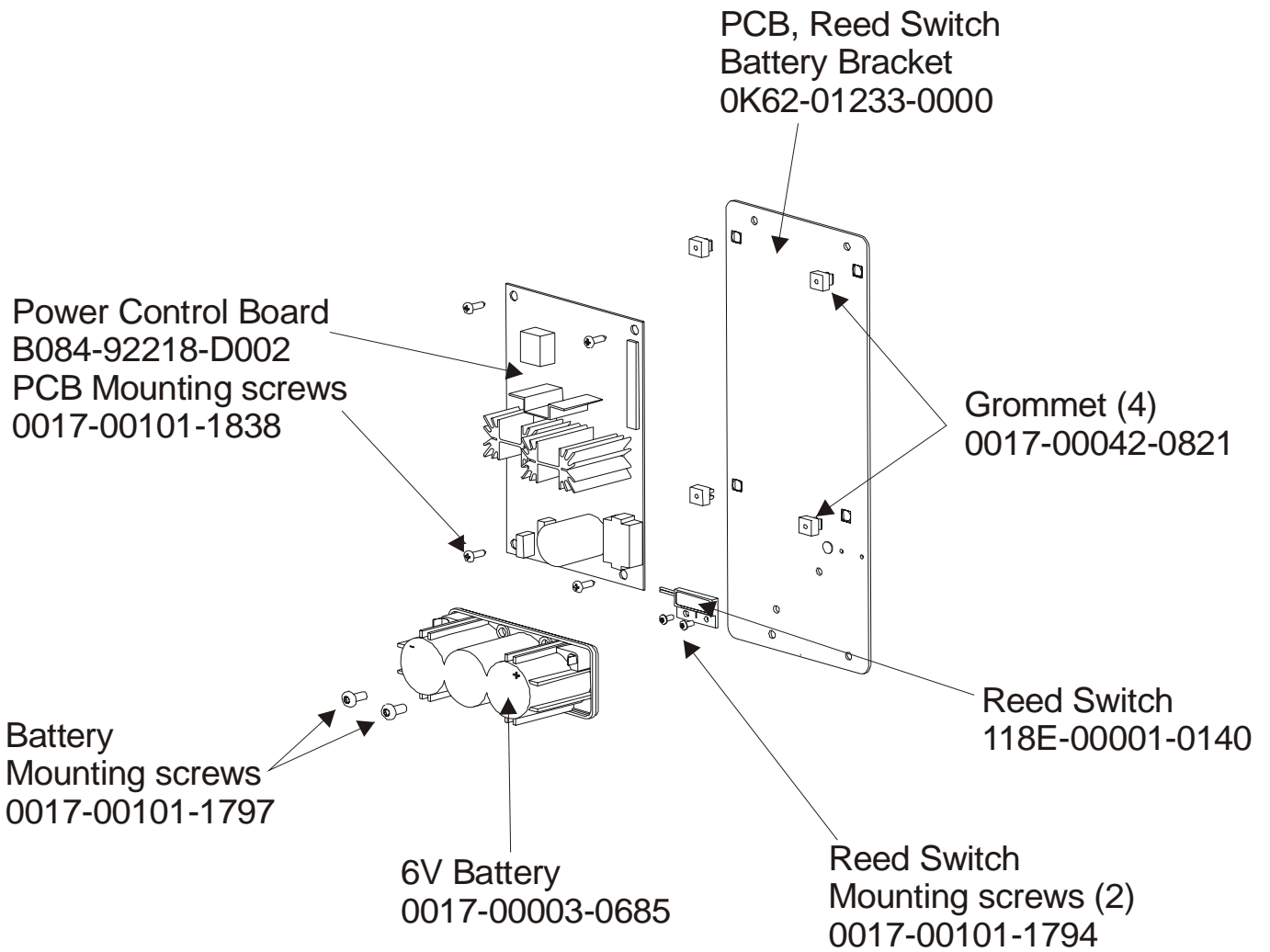
## Pedal Lever Assembly Components

95XEZ-0XXX-01  
S/N WZX100000 and up



**ARCTIC SILVER 95XEZ**  
**PCB, Battery, Reed Switch & Bracket**

**95XEZ-0XXX-01**  
**S/N WZX100000 and up**



**ARCTIC SILVER 95XEZ**

**Bearing-Insert Assembly – AK62-00299-0000**

**95XEZ-0XXX-01**

**S/N WZX100000 and up**

Service Kit- GK62-00002-0044

Includes:

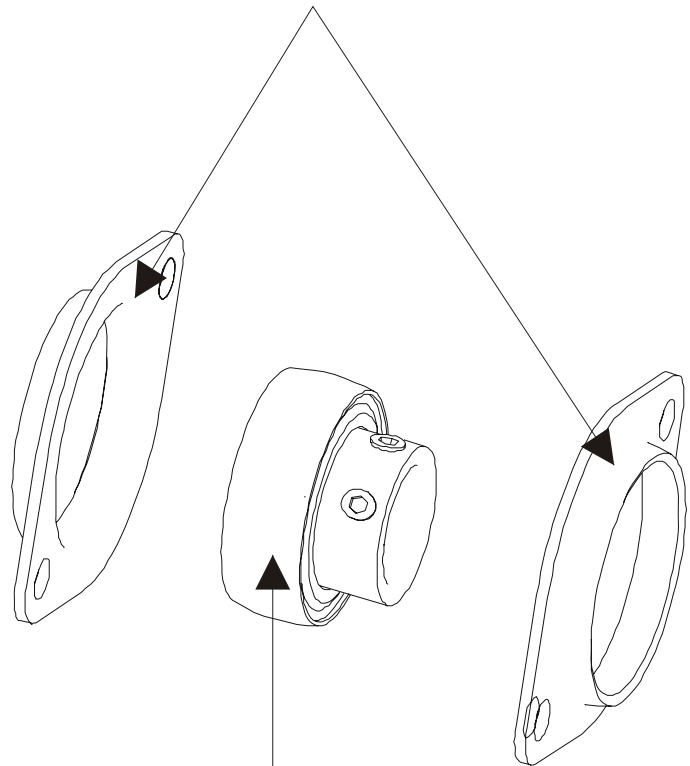
- 1- crankshaft
- 2- bearings
- 2- sets of bearing flanges
- 4- nuts and washers

Service Kit- GK62-00002-0045

Includes:

- 1 - intermediate shaft
- 2 - bearings
- 2- sets of bearing flanges
- 4- nuts and washers

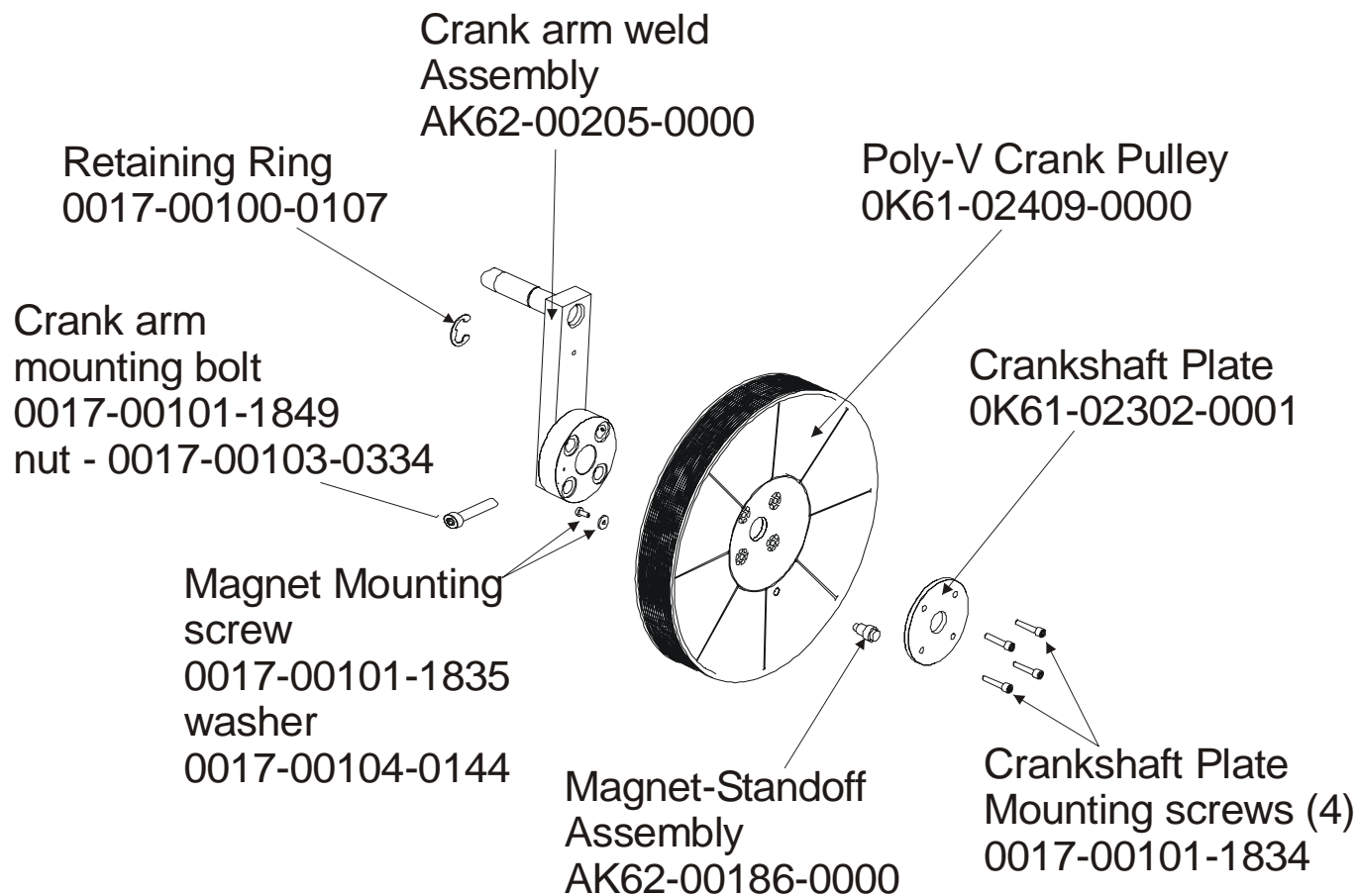
Bearing Flanges (2)  
0K62-01220-0000



1" Bearing  
0K62-01221-0000

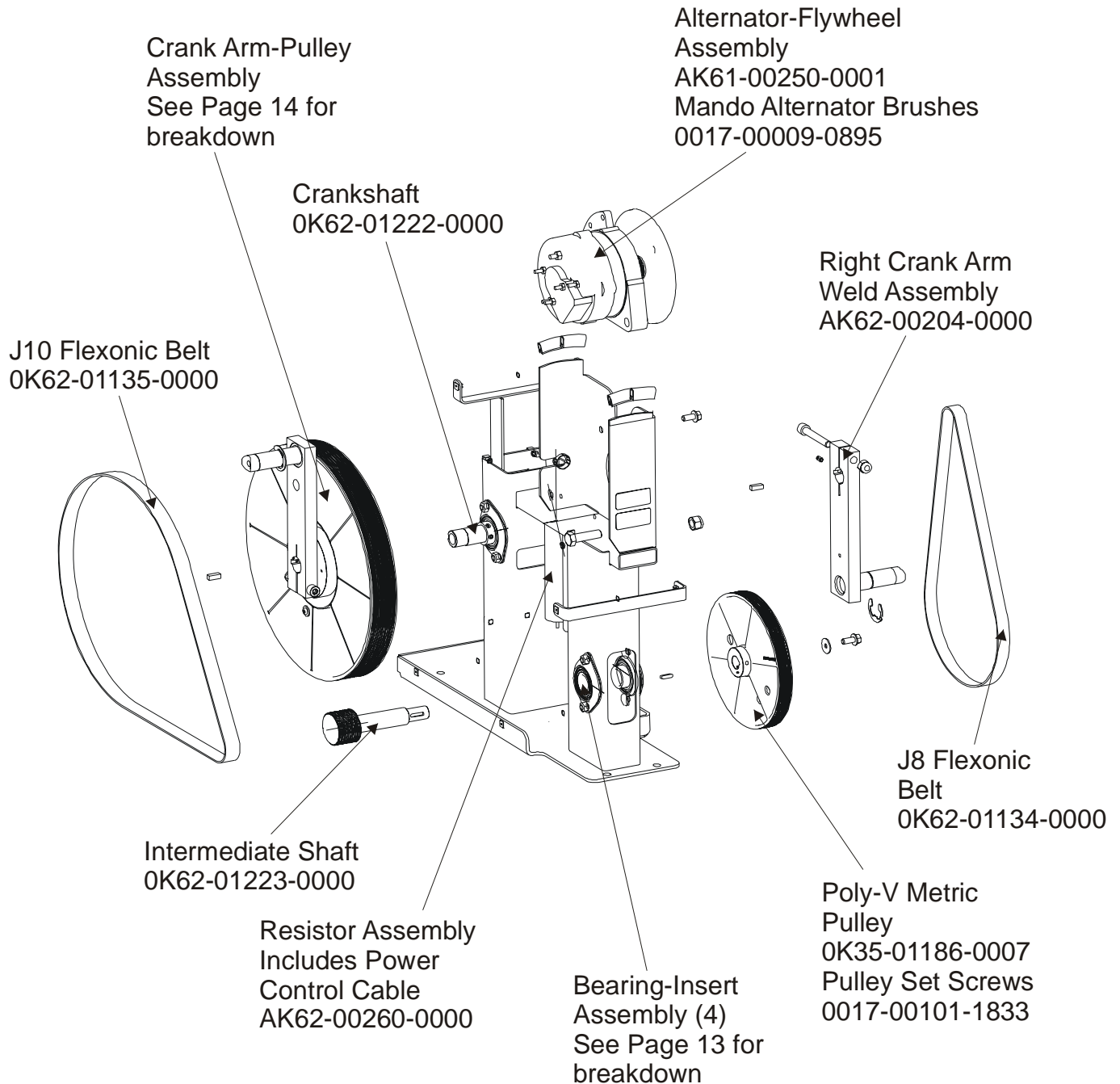
**ARCTIC SILVER 95XEZ**  
**Crank Arm Pulley Assembly**

**95XEZ-0XXX-01**  
**S/N WZX100000 and up**



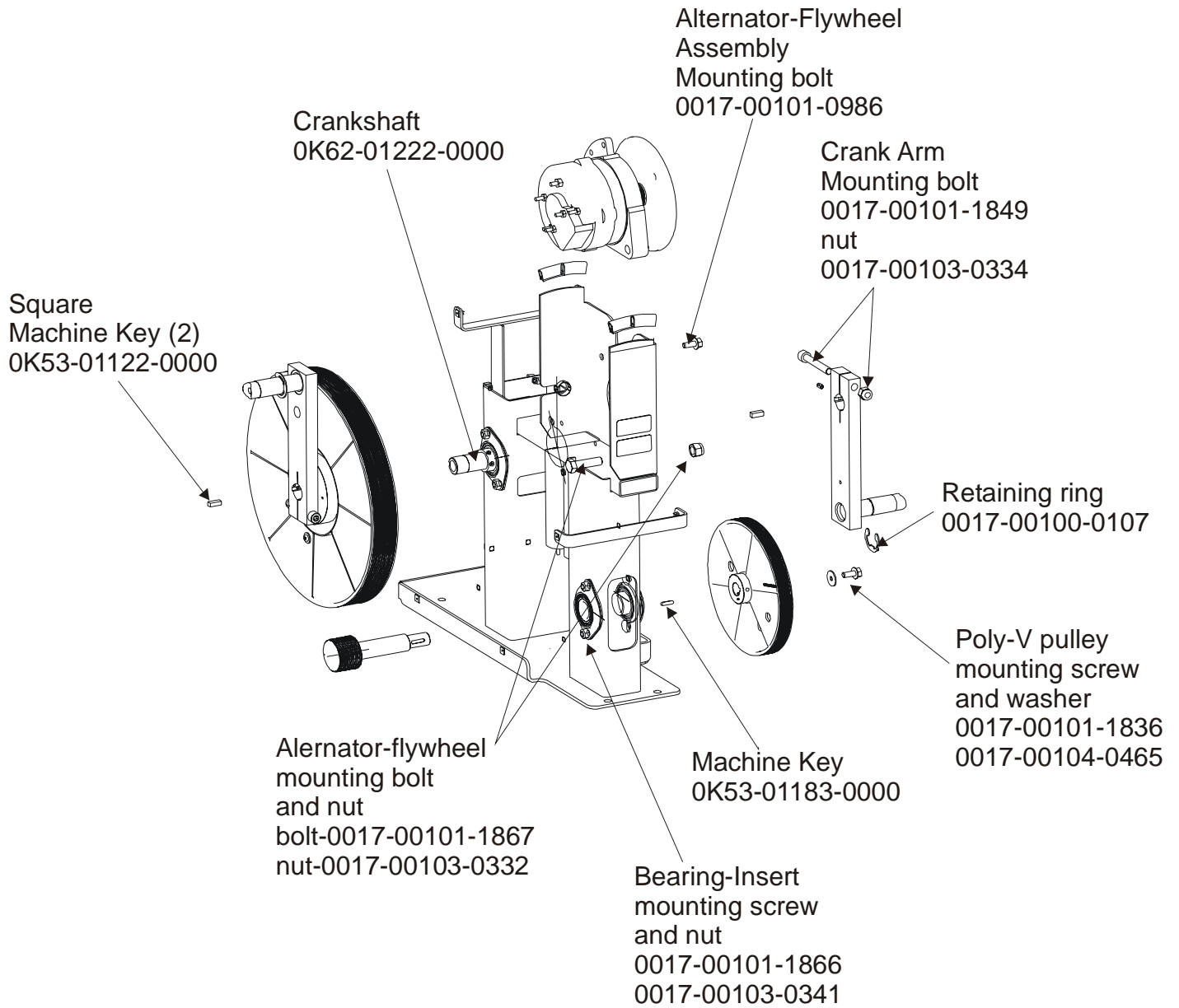
**ARCTIC SILVER 95XEZ**  
**Drive Module**

**95XEZ-0XXX-01**  
**S/N WZX100000 and up**



**ARCTIC SILVER 95XEZ**  
**Drive Module Hardware**

**95XEZ-0XXX-01**  
**S/N WZX100000 and up**

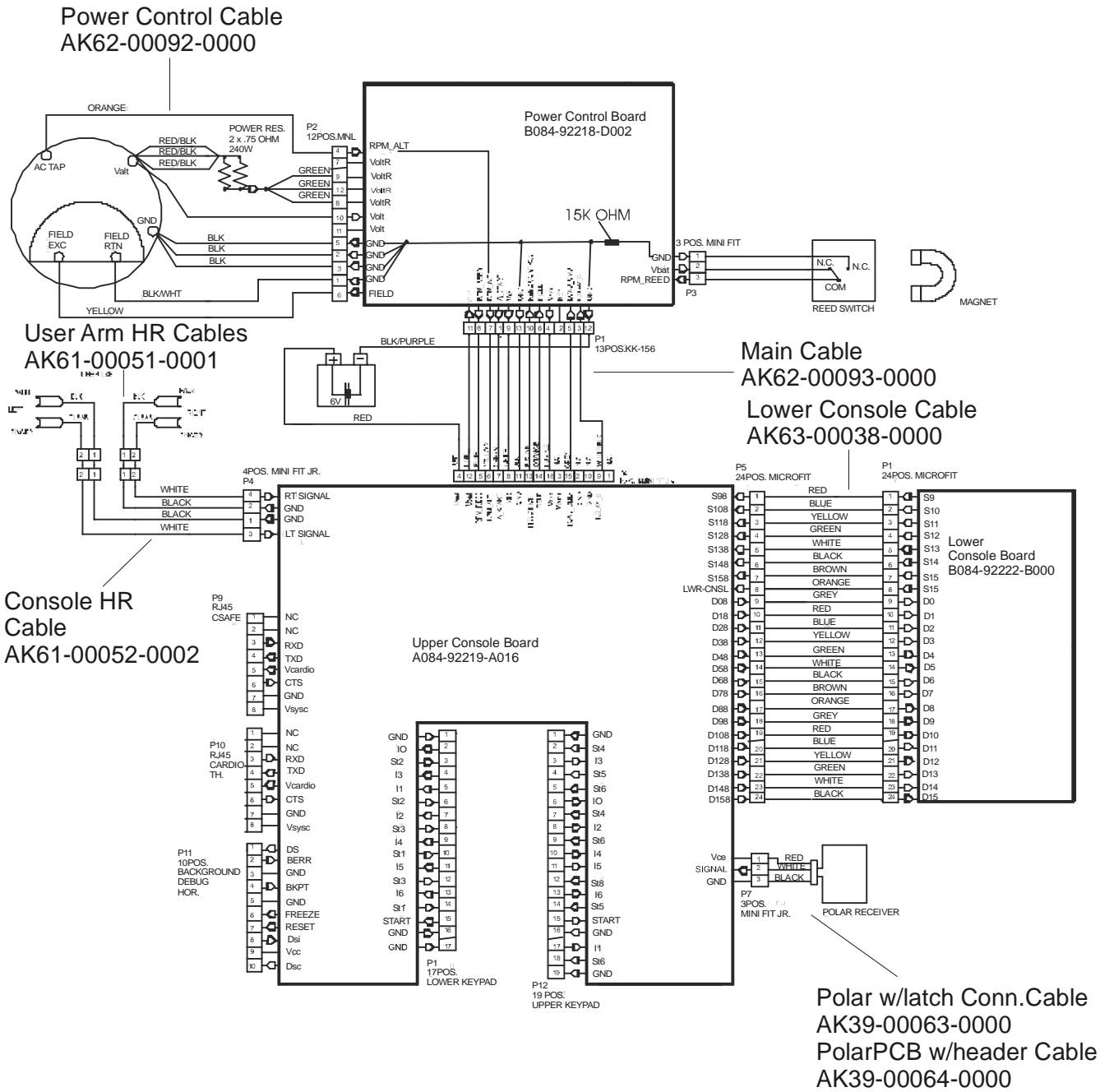




# ARCTIC SILVER 95XEZ

## Cables

95XEZ-0XXX-01  
S/N WZX10000 and up



<b>UNLABELED PARTS</b>	
<b>DESCRIPTION</b>	<b>PART NO.</b>
GROMMET: PLASTI; #8	0017-00042-0754
RNG:BRE 1.250 5100-1250ST PP B	0017-00100-0178
8-18X12 PHL PAN AB ST BZ B	0017-00101-1242
4-40X 4 TRX PAN TT ST BZ B	0017-00101-1280
6-19X 6 PHL PAN PLT ST BZ B	0017-00101-1650
M 8X1.25-6g6GX 9 IN TRX FLT L CS ST BZ B	0017-00101-1791
M4.2X0.70-6g6GX 10 DIN PHL PAN AB ST ZB B	0017-00101-1846
M4.2X0.70-6g6GX 44 DIN PHL PAN AB ST ZB B	0017-00101-1854
WSH 1.2-1.75-060 FL-D ST ZN B	0017-00104-0418
TAPE: ADHESIVE B	0K39-01044-0000
COLLAR: SHAFT; 1-1/4 B	0K61-01259-0000
COVER: DEADSHAFT;BULLHORN:RT.C	0K62-01007-0001
COVER: DEADSHAFT;BULLHORN;LT.C	0K62-01008-0001
COVER: DEADSHAFT;FRNT;INSIDE D	0K62-01009-0000
COVER: DEADSHAFT;INSIDE; RT.D	0K62-01010-0000
COVER: DEADSHAFT; INSIDE; LT.D	0K62-01011-0000
COVER: DEADSHAFT; FRONT; OUT D	0K62-01012-0000
COVER: DEADSHAFT; REAR; OUT D	0K62-01013-0000
TRAY: ACCESSORY S/C-D	0K62-01022-0000
SHROUD: CONSOLE-SUPPORT; S/C-D	0K62-01023-0000
DOOR: CASE; BATTERY; STEALTH; HIPS; S/C-D	0K62-01026-0000
CAP: CONSOLE-SUPPORT; S/C-C	0K62-01030-0000
ADAPTER: BUG S/C-C	0K62-01034-0001
GRIP: BULLHORN; 4.63" S/C-B	0K62-01136-0000
GASKET: BULLHORN B	0K62-01199-0000
CBL-ASSY: COAX; 120" S/C-B	AK32-00020-0002
CBL-ASSY: PWR EXT; 120" S/C-B	AK32-00078-0001
HEADPHONE-JACK ASSY: PURCHASED; TR/CT C	AK32-00133-0000
CBL-ASSY: HEADPHONE/C-SAFE; SHORT S/C-C	AK32-00147-0000
MEDALLION-ASSY: PURCH;LF-BUG B	AK58-00245-0000
BULLHORN-ASSY: MFG; LT. S/C-C	AK62-00054-0001
HANDLEBAR-ASSY: PAINT;BULLHRN;RT;PUR.X/C-C	AK62-00057-0001
HANDLEBAR-ASSY: PAINT;BULLHRN;LT; PUR.S/C-D	AK62-00058-0001
ROCKER-ARM ASSY:MFG;LWR BRGS C	AK62-00062-0001
HBAR-ASY:LFEPLSE;FSCT;RT;MFG D	AK62-00086-0000
HBAR-ASY:LFEPLSE;FSCT;RT;MFG D	AK62-00087-0000
CONS-SPRT W/INSRTS ASY: MFG. C	AK62-00123-0000
CONS-CASE W/DECAL ASSY; PURCH D	AK62-00142-0000
HDWR-BAG ASSY: MFG; 90/93/95/97Xi BM	AK62-00152-0001
PWR-CBL W/BRDT ASSY: MFG; ER	AK62-00210-0000
PEDAL-LEVER ASSY: MFG; LT. E	AK62-00235-0000
PEDAL-LEVER ASSY: MFG; RT. R	AK62-00236-0000
MANUAL: SERVICE; 93X-95Xi/95Xe	M051-00K62-A149
INSTR; PRODUCT FEATURE NOTICE +	M051-00K63-A102
PROG CONS PCB ASSY: MFG; 95XEZ BM	+A084-92219-A020
BULLHORN-ASSY: MFG; RT. S/C-C	+AK62-00053-0001
TIE-ROD/EXTENSION ASSY: MFG. C	+AK62-00234-0000
NC CONS-ASSY MFG; 95EZ; ENG; S/C-C	+AK62-00315-0001
KIT: SERV; MFG; ELECTRODEDS; LD; GRY; MFG.BM	+GK62-00002-0005
KIT: SERV; MFG; BULLHORN MTG SCREWS BM	+GK62-00002-0042